



TRURO LOG

NOVEMBER 2011

TRURO COUNCIL ON AGING

WWW.TRURO-MA.GOV/COA



Master Storyteller
Dan Lynch

LONG, LONG AGO IN A LAND FAR, FAR AWAY.....

Now there's an introduction that always gets our attention. The reason for this is simple, everyone loves a story. Well, it just so happens that we are surrounded by stories. Every culture has its own store of folktales and legends, many of which are familiar to us all.

History is really a compilation of stories that teach us what happened before we arrived. Each of us has a wealth of stories from our own lives.

Here at the Truro Council on Aging we are fortunate enough to have our very own story group - The Truro Story Swap.

This informal group, also sponsored by the Truro Library, meets on the third Tuesday of every month at 11 A.M. It's a spirited gathering where you'll hear folktales and legends, along with the most fascinating and entertaining personal stories told by our members. These gatherings are a treasure and you are all welcome to come and just listen and enjoy. You are also, if you would like, welcome to share some of your own stories. Either way you will have a wonderful time!

So, please don't miss out.

As a special bonus, when the stories have ended you can enjoy the weekly luncheon, which follows the Story Swap at 12:30P.M. (Reservations for the luncheon required before noon on Mondays).

Totally casual at the
Truro Story Swap



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ARTS & CONVERSATION

Arts & Alzheimer's Initiative, is a series of moderated conversations stimulated by artwork for those with Alzheimer's disease or a related dementia and their family caregivers. These groups are free, safe, and confidential allowing for freedom of self-expression, open conversation, and respite. Call Alzheimer Services to register 508-775-5656.

November 15

10:30-Noon

Provincetown
Art Association
& Museum



Memory screenings can possibly lead to an earlier diagnosis of dementia and can be an important tool to indicate whether further evaluation of memory impairment is necessary. **FREE** and confidential. Call to reserve your appointment. To register call Alzheimer Services at 508-775-5656 or the Truro COA @ 508-487-2462

November 15

1P.M.-4P.M.

MEDICARE'S OPEN ENROLLMENT PERIOD IS CHANGING!

New Dates: October 15th – December 7th

The annual Medicare Open Enrollment period is the time to review your Medicare plan choices. During this time you can enroll in a plan or change your Medicare coverage for 2012. **Note that this is an earlier time frame than in previous years!**

If you are already enrolled in a plan, you will be receiving mail from your current provider regarding any upcoming changes for 2012. This is very important information so be sure to keep it in a safe place. There will also be a lot of information in the news and in the mail from many insurance companies as they undertake marketing efforts for 2012.

Contact the Truro COA if you would like assistance from a State Certified SHINE Counselor to help make your plan choices for 2012. The SHINE Program can help make the process clear and help you make the most cost efficient choices to fit your personal needs.

Remember, the new deadline for enrollment and changes: **December 7th**.

FYI There will be a special presentation on Thursday, November 10th @ 6:30P.M. on information regarding the changes in OPEN ENROLLMENT and MEDICARE.

Please call the Truro COA to RSVP if you plan on attending @ 508-487-2462.

*Please not
the change in
the book club
date!



MYSTERY BOOK CLUB

Friday, *November 18

12:30

HOLD TIGHT

Harlan Coben

*The COA will be closed on the regular meeting for the book club, November 11

Friends of the Truro Council on Aging Luncheon

Montano's Restaurant

Sunday, December 4, 2011, Noon

Cash Bar

Hot Appetizers

Luncheon:

Garden Salad, Home Baked Bread Loaves

Entrees:

Chicken Parmesan w/Pasta

Eggplant Parmesan w/Pasta

Crabmeat Stuffed Sole w/Baked Potato

Prime Rib w/Baked Potato & Vegetable

Desert and Coffee

\$20.00

Entrees requested in advance

Please call John Monahan @ 487-1829 for reservations and menu choice.

Please call before Wednesday, November 30th.



Cape Cod Symphony dates are Sunday, November 6 and Sunday, December 4. Don't forget to call if you need a ride the Thursday prior to the concert date! 508-487-2462



Calling All Art Lovers

The Truro COA is organizing a trip to the **Museum of Fine Arts in Boston**.

The featured exhibit is **Degas Nudes**

Wednesday, November 16

Call Kitty Stevens @ 508-487-0350 for more information.

\$69 includes transportation & admission.

Truro COA 508-896-4252

IN MEMORIAM

Laura (Sally) Monahan

Jeanne Gainey

Eugene Artruc

Downsizing Now Keeps You in Control of Your Stuff

If you don't do it, someone else will. You've seen the dumpster pull up outside a neighbor's house and the adult children emptying the home after a parent's necessary move to an assisted living community. They have little time to figure out who would love what they see as junk, and how the homes belongings might benefit others.

This program offers you a "Gifting Now" strategy so you may enjoy the delight of the recipient. You will learn what might sell and where to donate. Don't let your stuff overwhelm you. When you decide to reduce your clutter and stuff that no longer fits your lifestyle, you can free up space in your home and your head.

Presented by Beth Chapman of
Extra Daughters—Move Manager

**Tuesday,
November 29
1:30P.M.**



Truro Hiking / Walking Group

Come and enjoy a guided walk with Bob Lowe, Club Coordinator. The distance and location vary each week, depending on the desires of the participants. This is a great opportunity to get some exercise, socialize with your neighbors, and enjoy the beautiful and remote settings that Truro offers. **Tuesdays at 11A.M.**

**November 1 Pond Village, N. Truro
Meet @ Cold Storage
Beach Parking Lot**

November 8 Fisher Beach

November 15 Ballston Beach

November 22 Pilgrim Heights

**November 29 Pine Grove Cemetery
off Old County Road**



Any questions concerning the hikes, please call
Truro Recreation Department @ 508-487-1632.

MASSACHUSETTS SENIOR LEGAL HELPLINE

1-866-778-0939

The helpline provides FREE legal information, advice and referral services for Massachusetts senior citizens (60 years+) in most areas of civil law, including:

- ♦ Social Security/SSI
- ♦ Veterans Benefits
- ♦ Mass Health
- ♦ Medicare
- ♦ Consumer Issues
- ♦ Public Benefits
- ♦ Unemployment
- ♦ Foreclosure
- ♦ Guardianship
- ♦ Powers of Attorney
- ♦ Bankruptcy
- ♦ Evictions
- ♦ Landlord/Tenant
- ♦ Utilities
- ♦ Family Law
- ♦ Nursing Home



If you connect to voicemail, please leave your name, telephone number and the town where you reside and we will return your call within 2 business days.

The Massachusetts Senior Legal Helpline is a project made in collaboration with the Mass Executive Office of Elders Affairs, the Legal Advocacy & Resource Center, the Mass Justice Project and the Mass legal services providers. This project is made possible with a grant from the U.S. Department of Health and Human Services, Administration on Aging.

1-866-778-0939

**NOVEMBER
COA CAFÉ**

TUESDAY 12:30

\$7.50

November 1

Pan Seared Pork Loin
Mashed Potatoes
Vegetables

November 8

Chicken Parmesan
over Pasta
Side Salad

November 15

Meat Loaf
Mashed Potatoes
Veggie

November 22

Baked Cod
Vegetables

November 29

Beef Stroganoff
over Buttered Noodles



**John Carbone's
Friday at the Movies**

November 4

The Hard Way (1943)

Ida Lupino & Dennis Morgan

November 11

HOLIDAY COA Closed

November 18

A Woman Rebels (1936)

Katherine Hepburn & Herbert Marshall

November 25

HOLIDAY COA Closed

_Movie begins at 1:30

FREE POPCORN

Please call if you need any
further info 508-487-2462



****Note**** Movies subject to change
depending on availability



Hyannis Shopping

Friday, November 18

Meet at the Truro COA at **9A.M.**

Reservations a must. 508-487-2462

SOUPS ON HOLD



**WE WILL DEFINITELY LET YOU
KNOW WHEN THEY ARE
COMING BACK!**



**FREE SENIOR THANKSGIVING LUNCH
AT TRURO CENTRAL SCHOOL**

Truro Central School will host its annual free Thanksgiving dinner on Tuesday, November 22. There will be **one** seating and reservations are required. Call the school to make your reservation and find out the time @ 508-487-1558, ext 0. If you need transportation to the luncheon, call the COA @ 508-487-2462. Come and socialize, young and old, and be served some great food and deserts.

NOVEMBER 2011

Mon	Tue	Wed	Thu	Fri
Joseph Meldahl & Friends Opening Reception Sunday November 6 2-4P.M. All are welcome	1 COA CAFÉ 12:30 Needlework 10-Noon	2 Strength Training 9-10 Weight Loss 10-10:30 Bereavement Support 1-2:30 Cribbage 1:30	3 Wii 10:30 Men's Group 9-10 CORE 11-NOON PACE 12:30-1:30 Mahjongg 1-4 Foot Clinic (by appointment)	4 Strength Training 9-10 FREE Friday Movie 1:30
7 Strength Training 9-10 Fit to Drive 10-11 Memoirs 10:30-12:30	8 COA CAFÉ 12:30 Needlework 10-Noon .	9 Strength Training 9-10 Weight Loss 10a.m. Legal Assistance (by appointment) Cribbage 1:30	10 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4 SHINE 6:30P.M.	11 COA Closed 
14 Strength Training 9-10 Memoirs 10:30-12:30	15 Story Swap 11 A.M. COA CAFÉ 12:30 Needlework 10-Noon Memory Screening 1-4PM	16 Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30 MFA Trip	17 Wii 10:30 Men's Group 9-10 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	18 Strength Training 9-10 FREE Friday Movie 1:30 Hyannis Shopping 9A.M.
21 Strength Training 9-10 Memoirs 10:30-12:30	22 COA CAFÉ 12:30 Needlework 10-Noon	23 Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30	24 25 HAPPY THANKSGIVING COA CLOSED 	
28 Strength Training 9-10 Sight Loss 10-Noon Memoirs 10:30-12:30	29 COA CAFÉ 12:30 Needlework 10-Noon Downsizing Now 1:30P.M.	30 Strength Training 9-10 Weight Loss 10-10:30 Cribbage 1:30	<i>December Truro COA Art Gallery</i> Truro Central School Art Students Opening reception Sunday, December 4, 2-4P.M. All are welcome.	

COA GALLERY - NOVEMBER

JOSEPH MELDAHL & FRIENDS

Dominique Pecce was born and raised in Truro. Inclined towards art from an early age, Dominique has been recognized with several scholarships and accolades for her work through the years. Having recently lost most of her portfolio in a fire to her mother's home, Dominique will be showing new drawings, prints and paintings rendered in the emotive and detailed style for which she has become known.

Joseph and Geoffery Meldahl are also Truro natives. Experimenting in a variety of media through the years, they have had their work featured in restaurants and homes around the outer cape. They will be presenting a mix of drawings, calligraphy and driftwood lamps.

Lyn Rutherford is a Truro resident, by way of Nashville, Tennessee. Known to many as an expert whistler, she is also a self taught artist and will be presenting a series of macramé decorative knots from cultures around the globe.

Tommy Czyoski of Provincetown and Morgan Wheeler of Truro will be showing several driftwood lighting pieces, and mechanical sculptures of great intrigue.

Opening Reception is Sunday

November 6, 2-4P.M.

All are Welcome



COA GALLERY - DECEMBER

TRURO CENTRAL SCHOOL CHILDRENS' ART

The COA Gallery will be hosting the Truro Central School art students for the month of December.

Opening reception is

Sunday, December 4, 2-4P.M.

All are welcome.



Gordon37
Grade 5



Austin8437
grade4



Tess309
Grade K



Tess309
Grade K



Kevin5350
Grade 1



Emeline13
Grade 2

Simone147
Grade 3

KIM POSSEE

TRURO CENTRAL SCHOOL ART TEACHER
GRADES K-6

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

TRAVEL

The Truro Council on Aging will be advertising trips that are offered through Funtastic Getaways . The organization is out of Falmouth, but they have a pick up for day trips as close as Patriot Square in Dennis. If you're interested in a particular trip, **call Funtastic Getaways directly for additional information and reservations toll free 866-518-6877**

Radio City Rockettes in Boston Thursday, December 8 Can't make it to New York? The touring company of the Radio City Christmas Spectacular is coming to you! BACK BY POPULAR DEMAND! The Radio City Christmas Spectacular starring the Radio City Rockettes is returning to Boston with an ALL NEW SHOW this Holiday Season! Experience the Spectacular like never before! Along with your traditional favorites, every performance is filled with **new scenes, new sets and new songs**. We have **right center orchestra seating for the 2:00 PM matinee** at the Citi Performing Arts Center, and you'll have free time for lunch at the Prudential Center. \$ 99

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

John Monahan, Chair; Jeanne Foulke, Vice Chair; Girard Smith, Treasurer; Joan Moriarty, Secretary; Board Members: Stephen Currier, Lucie Grozier, Martha Ingrum, Florence Johnson, Diane Rose.

Council on Aging Officers: Joan Moriarty, Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Carol Green, Joan Holt, Martha Ingrum, Bernard Robbins, Kitty Stevens, Judith Thompson, Claudia Tuckey. **Staff:** Susan Travers, Director; Donna Sutton, Assistant to COA Director; MaryEllen Duarte, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

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